

MODULE 1

STARTS WITH THE MIND

INTRODUCTION

Whether you acknowledge them or not, your burdens are a sign something needs to be aligned. If you don't know how to assess and resolve the issues (hurts, disagreements, discouragement, anger) you experience, you are a "problem collector." Conflict Resolution is essential to your health. See it as a challenge and opportunity to improve your life.

Research shows that in the heat of the moment, you experience neurological anger, which lasts less than two seconds, and you are more likely to say and do overly harsh things that you later regret during that time. Outside of the two seconds it becomes a general form of anger and it takes a commitment to STAY angry.

Even if you are not in conflict with someone else at the moment, self search to see if you might be in conflict with yourself which may show up as depression, aggression, low self-esteem/self-worth, lack of energy, low spirited or feelings of discouragement AND perform this scenario anyway. It's good practice, its fun AND you sneak in a workout when you least expect it. Do it daily and eventually add more songs...You'll enjoy the activity. It emits feel good endorphins and puts you in a good mood. And you will be ready for the next conflict in your life. Having a better body begins with a healthy mind.

ASSIGNMENT

The next time you disagree with someone or you feel hurt/upset or discouraged and you feel like you want to explode – Don't!

Instead do this

- Hold your peace and separate yourself from the situation.
- Wait it out by taking a walk and give yourself permission to get angry and tell yourself that anger is your psyche's way of saying you're tired of being pushed around.
- Next, visualize peace. This technique will stop rising anger before it overtakes you. Imagine your breath as a breeze in the wind: watch it come in and go out. Imagine each breath go deeper and more quiet. Hear yourself speaking calmly and softly to others and yourself. Your anger reflux should diminish each time you do this imaging. If the weather doesn't permit walking outside, walk inside even if in circles.
- Then put on your favorite song and dance, move or sway to it (whether it is fast or slow). Hum and/or sing your favorite words with it a well.
- After playing your song approach the situation again but come from a point of how it makes you feel instead of lashing out accusatory expletives. Rephrase your feelings by saying "I really feel hurt by your behavior" or whatever you are feeling at the time. The point is to get it out constructively and resolve it. Don't let it fester.